

Spring Courses 2019

Coming Back to Your Centre through Tai Chi

Explore imaginative and integrated approaches to working with Tai Chi, Qigong and movement awareness as a vehicle for well being.

Lead Facilitator: Kalichi

On this course, students will explore:

- Tai Chi & Qigong exercises and warmups
- What Nature teaches us in Tai Chi
- Finding your centre
- Undoing stuckness and habitual tensions
- Improving listening skills, concentration and working together



Course start date: Thursday March 14th (11am-1pm)

Format: six weekly morning sessions

Venue: Drogheda Community Venue TBC on Application



Dublin North, North East
RECOVERY COLLEGE



To register, contact the Recovery College:
phone- 01 7007907
email- recoverycollege@dcu.ie
website- www.recoverycollege.ie